

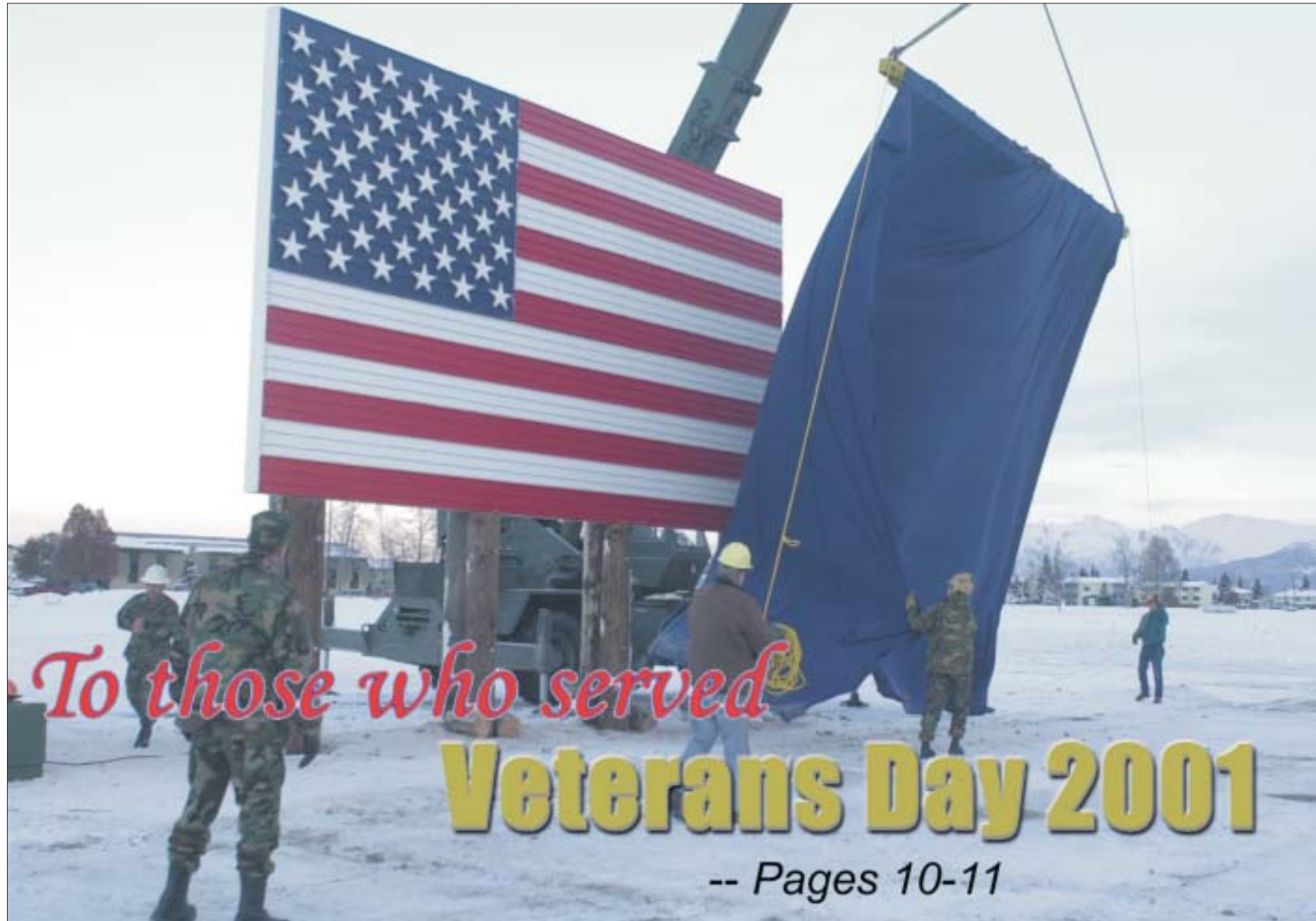
The Sourdough

S E N T I N E L

Nov. 16, 2001

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Military Family Week The Chief speaks



*3rd Services Squadron
shows appreciation
-- Page 12*



*3rd Wing Command Chief
shares views, ideas
-- Page 3*

News in Brief

Outstanding Performers

■ Master Sgt. Douglas Embree, Staff Sgts. Christopher Leard and Dan Jezwinski, and Senior Airman Trevor Flaten of the 962nd Airborne Air Control Squadron assisted in the recovery of an Atlas Air Boeing 747 cargo jet that ran off the runway into snow. The team presented a plan to use snatch cables and two tow vehicles to free the aircraft. The maintainers pulled the aircraft onto the runway in less than 30 minutes, reopening the airfield and putting the civilian carrier back in service.

■ Tech. Sgt. Dwayne C. Brown of the 3rd Component Repair Squadron's commander's support staff was a key player in the 12th Fighter Squadron's Red Flag and 19th Fighter Squadron's Commando Sling deployments. He masterfully coordinated the pallet build-up for both deployments, ensuring all paperwork was correct and that pallets were finished 24 hours ahead of the scheduled time.

■ Tech. Sgt. Darren Osier, Staff Sgts. David Reese and Lori Newmes, and Airman 1st Class George Gonzalez of the 3rd Medical Group's Immunizations Clinic provided 1,757 vaccine injections the week of Nov. 5 as part of the influenza vaccine program. Their tireless efforts during periods of high patient volume provided flu vaccine protection for active duty forces and those with high-risk medical conditions.

Town hall meeting

Brig. Gen. Doug Fraser, 3rd

Revamped indoor skate park nears completion

Q: I am a patron of the community center and I am just wondering when the indoor skate-board park will be repaired. I understand there has been a work order in since July. Could you please check into this? Thank you.

A: We are working to upgrade and improve the indoor skateboard park. The ramps were



STAFF SGT. JIM FISHER

X-ray vision

Staff Sgt. Pamela Smallwood of the 3rd Medical Group's Radiology Clinic guides diagnostic imaging equipment during operations Tuesday. The clinic, the largest in Pacific Air Forces, recently took part in promoting medical imaging during National Radiological Technologists Week, Nov. 6-10.

Wing commander, holds an Elmendorf town hall meeting Monday from 7-9 p.m. at the base theater. Discussions will include 3rd Wing deployments, current events and their impact on the base, and upcoming base events.

The meeting is open to all military members, civilian employees and spouses on Elmendorf. For information, call 552-0303.

Holiday party

This year's 3rd Wing Holiday Party takes place at 6 p.m. Dec. 8 at the Susitna Club Ballroom. The menu includes beef tenderloin at \$27,

halibut olympia at \$26, and vegetable lasagna at \$21. Non-members will pay \$3 more. Childcare is available. For more information, call Capt. Chris Marcus at 580-6700.

Commander's Shadow

Airman 1st Class Matthew Auberger of the 11th Operational Weather Squadron is this week's Commander's Shadow.

MTA

The Middle Tier Association's monthly symposium is Wednesday at 3 p.m. in the Susitna Club. All staff and technical sergeants, including staff selects, are invited.

Action Line

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Doug Fraser. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil



Brig. Gen. Doug Fraser

reinforced and resurfaced with a custom skate surface. Civil Engineering is repairing the concrete flooring to ensure the park is safe. We estimate these repairs will be complete by Thanksgiving.

For those of you who haven't visited the Community Center, please

stop by. They offer lots of *free* fun, including a 24-foot climbing wall, a batting cage, tennis court, fitness equipment, ping-pong, pool, foosball and more.

If you need more information, just give the community center a call at 552-2674.



By Lt. Col. James M. Hamrick
Headquarters Air Combat Command

LANGLEY AIR FORCE BASE, Va. (AFPN) — As we watched the horrific events of Sept. 11 unfold, we witnessed the first major attack on the continental United States since the War of 1812. We asked ourselves, "What can we do?"

For those of us in the military that question was answered for us. We are at war against terrorism. We will either strike the enemy directly or provide support for those who are deployed. As we all know, we have an extended American military family. We are a collection of active duty, reservists, guardsmen, retirees, civil servants, spouses and children.

Our family gets larger when we include our parents, aunts and uncles, grandparents and the wonderful citizens of our local communities. Each of them wants to know what they can do to guard our homeland.

My family asked that question. The answer from my wife and our two older children was a vow not to succumb to the terrorists' desire to change the American way of life. My wife travels with her friends. My teenagers carry on with high school and university life. My little girl's answer was to make a donation to the White House fund for Afghan children. My extended family members are keeping an eye out for anything suspicious in the neighborhoods and workplaces. You can bet if anything happens, they report it immediately.

Each member of our immediate and extended military family has a role to play in our war against terrorism. Our vast military family has a presence in every government, educational institution, business and region of America. This new enemy needs to know that every member of our family will carry on with the normal activities of American life. And that now every member of our extended military family is on guard. We will not be taken advantage of again.



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**Best in DoD
2000
Best In Air Force
1999 & 2000
Best in PACAF
1998, 1999 & 2000**

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Chief, Internal Information
Staff Sgt. Jim Fisher
Editor
Senior Airman Connie L. Bias
Assistant Editor

PHOTOS & GRAPHICS

Extensive photographic and graphical support is provided to the Sourdough Sentinel by the 3rd Communications Squadron's Visual Information Flight. The following photos/illustrations appear in this week's edition:

Cover: Text illustrations by Staff Sgt. Jim Fisher
Page 3: Text and graphic illustrations by Senior Airman Connie L. Bias



3rd Wing History Moment



Nov. 16, 1951:
An 8th Bombardment Squadron B-26 was attacked by two Chinese MIG-15s.

Heritage months

The following events are planned for Native American Heritage Month: ■ The Military Equal Opportunity office holds a luncheon Tuesday from 11:30 a.m. to 1 p.m. at the Susitna Club. Jennie Green, producer of Heartbeat Alaska, will speak on the meaning of Thanksgiving to Alaskan Natives.

■ The Alaska Native Heritage Center performs two productions Nov. 27 from 7-9 p.m. at the base theater in recognition of Native Fine Arts Night. MEO holds a meeting Nov. 29 from 2-3 p.m. in the MEO conference room to discuss African American Heritage Month events in February.

Squadron card contest

Squadrons must submit cards for the squadron Christmas card contest to the Community Center by Dec. 14. This year’s theme is “Peace on Earth”. Cards must be painted on 4-by-8-foot plywood. All supplies, including lights, must be supplied by the squadron creating the card. For more information, call 552-8528

SGLI extension

The grace period in which servicemembers can decline or reduce their spouses’ Servicemembers’ Group Life Insurance coverage and receive a refund for premiums paid has been extended to Dec. 31.

Tuition assistance

The Education Office is accepting

applications for the Spouse Tuition Assistance Program through Wednesday for classes beginning in January. First-time applicants must review a power point briefing before applying. Applications must be submitted by computer in the Education Office Monday through Friday, 7 a.m. to 3 p.m. For information, call 552-2198.

Library donations

The base library needs book, magazine, video and DVD donations. Donated items will be used to support the Alaska Railroad Project, TDY personnel at lodging, the library’s children’s reading program, the swap rack and other base facilities. Bring items to the library at 10480 22nd Street. For more information, call 552-3787.

ASYMCA

The Armed Services YMCA Child Watch programs, “Cheechako” and “Teddy’s Part-Time Child Watch”, need volunteers to watch children while parents attend the Newcomers Briefing or medical appointments. To volunteer, call Eva Hake at 580-6455.

Housing program

The housing flight has household furnishings available for loan to military members and families from E-1 through E-4 living on or off base. Items include couches, easy chairs, straight back chairs, bookcases, single and double mattress, chests, coffee tables, lamps, and much more. Items are available on a first-come, first-served basis. For information,

visit the Housing Flight at 6346 Arctic Warrior Drive with a copy of your orders, or call 552-2599.

Change of Command

The 12th Fighter Squadron change of command ceremony is today at 12:12 p.m. in Hangar 5. Lt. Col. Arthur “Pee Wee” Crain will relinquish command to Lt. Col. Thomas “Pugs” Tinsley.

Primary care managers

Beneficiaries assigned to Maj. Deborah Flagg, Capt. David Morris, Maj. Olga Wasile, or Maj. Suzanne Straub have been reassigned to other primary care managers in the Family Practice Clinic. The change is a result of provider reassignments within the 3rd Medical Group.

Beneficiaries can make additional changes to Primary Care Manager assignments at the TRICARE Service Center from 7:30 a.m. to 4:30 p.m. Monday through Friday. For information, call 580-6400.

Family Support Center

The Family Support Center has the following classes available: ■ Make your resume sizzle at the Resume Writing class Monday at 9 a.m. ■ Spouses of deployed or remote tour members meet at the Hearts Apart Coffee Break Tuesday at 9:30 a.m. No reservations are required. ■ Organize your move to an overseas location with Overseas Smooth Move Tuesday at 2 p.m. Spouses are welcome. For information, call 552-4943.



Chapel Schedule

Catholic Parish

- Weekday Mass: noon at the Chapel Center
- Friday Mass: noon at the Hospital Chapel
- Saturday Mass: 5 p.m. at Chapel 2
- Sunday Mass: 10:30 a.m. at Chapel 1
- Confession: 4:15 p.m. Saturday at Chapel 2

Protestant Sunday

- Liturgical service: 9 a.m. at Chapel 2
- Celebration (traditional): 9 a.m. at Chapel 1
- Praise and Worship (contemporary): 11:45 at Chapel 2
- Gospel service: noon at Chapel 2

Religious education

- Catholic: Sundays from 9-10 a.m. at the Chapel
- Protestant: Sundays from 10:25-11:15 a.m. at the Chapel Center

Other faiths

Contact the Chapel at 552-4422 for information

Open Ranks

By 1st Lt. Johnny Rea
3rd Wing Public Affairs

Did you hear about the recent anthrax scare at the commissary that forced hundreds of shoppers into the meat locker for hours? How about the one that all base gates will be permanently closed — except the Boniface Gate — for security reasons? Or that there's not enough flu vaccination to go around for family members?

All three are rumors that have made their rounds on Elmendorf, often growing in fabrication with each stop.

To help quell these and other rumors — and to provide accurate, first-hand information on a variety of topics — **Brig. Gen. Doug Fraser, 3rd Wing commander, holds a town hall meeting at 7 p.m., Monday in the base theater.**

It's the second town hall meeting in as many months hosted by the commander. The first attracted only a handful of people. In fact, there were probably more key staff members on hand to answer questions than actual attendees to ask them.

But those who did brave the eight inches of snow Mother Nature blessed us with were treated to an informative and entertaining program.

Topics of discussion ranged from anti-terrorism tips and ID card checks to the new weekly inspection program which tests vigilance throughout the base. Top Cover, the Air Force Band of the Pacific, was even on hand to open the meeting with a couple of great patriotic tunes.

Monday's town hall meeting promises to be just as informative.

Several short briefings are on tap, including a deployment update and the latest on current events. Attendees will also have the opportunity to ask questions and get instant feedback from the commander. The event is open to all Elmendorf employees — military and civilian — and their spouses.

A mentor of mine keeps a sign in his office that reads "Deal In Solutions." Getting accurate information from the town hall meeting and quelling rumors on the spot is one way to do just that.

All these rumors were pretty far from the truth.

There's only one reliable source for the real story.

See you at Monday's meeting.

Arctic Life

Great living in the great land

Greatlanders "just play no"

Band of Pacific concludes Red Ribbon tour

By Staff Sgt. Nate Hier
3rd Wing Public Affairs

Just say no has been a popular anti-drug slogan for years. Members of the Air Force Band of the Pacific recently put their own little twist on the saying by visiting local elementary and middle schools to "just play no."

The band members put on 16 shows for Anchorage children between Oct. 16 and 31 as they did their part to join in National Red Ribbon Week. Naturally, it's called their "Red Ribbon Tour."

"We've been doing this for years," said band member Tech. Sgt. J.D. McManis, himself having completed his ninth such tour. "When any of our bands go out in the public, we understand we're not just representing the band, Elmendorf, or even PACAF, we're representing the whole Air Force and military members of all branches. With the Red Ribbon Tour, we get a chance to do more than entertain, we show the kids a proud and healthy lifestyle that doesn't involve drugs or alcohol."

Two performance groups, "The Greatlanders Show Band" and the "Top Cover" Popular Music Group made the trips to visit hundreds of children in the community. The Greatlanders put on nine shows between Oct. 16 and 25, while Top Cover finished out this year's tour with seven performances between Oct. 22 and 31. While band members stay busy throughout the year with many performances, the Red Ribbon Tour is one of their special opportunities.

"It's very important to us to take



COURTESY PHOTO

Greatlanders saxaphonist Tech. Sgt. Jeff Brayfield performs during a recent concert.

part in this national campaign to promote anti-drug awareness," said McManis. "The tour is a big part of the band's, ALCOM's, and Elmendorf's community outreach program. It's a big part of our job."

This was not a sit-down performance. The bands tailor their musical selections for each event to include participation from the children, keep them interested, and send positive messages. They would talk with the children in between songs promoting drug-free lives and environments.

"There's no brow-beating, but we definitely try to help get the anti-drug message out," said McManis. "We encourage the kids to look to their teachers and parents for help. Drugs and alcohol don't solve any problems, they only create them."

Participation in the Red Ribbon Tour isn't just entertaining for the audience; band members also look forward to the event each year.

"What makes it especially fun is being there with the kids," said McManis. "Beside the important message we're trying to get across,

we all remember what it was like at that age. It was always a thrill to get out of class for a special event."

A few highlights from this year's tour included a show in which Aurora Elementary student Page Groeling was handed the baton to direct the band in a rousing rendition of "God Bless America."

"We played the song and it was great watching her wave the baton, directing us along," he said.

Later in the show, much to the students' collective delight, teachers were pulled on stage to do the limbo.

"We do those kinds of things to make it fun and entertaining, and with hope to make the show, and our message, memorable," he said.

The Red Ribbon Tour isn't the only set of performances the band conducts to benefit children. They're also heavily involved in "Operation Santa Claus," providing musical support for the military and civic leaders' visits to bush communities.

The holiday season is an especially busy one for the band. One of their biggest annual shows, "Holiday Lights! 2001," is scheduled for Dec. 11 and 12 at 7 p.m. at the Alaska Center for Performing Arts' Atwood Concert Hall. Tickets are free, and available at the Center's ticket office on Fifth Avenue or the ITT Office on base beginning Nov. 23. The performance features many different kinds of holiday music.

Top Cover will give their annual holiday performance, "Home for the Holidays," on Dec. 21 at 8 p.m. in the same concert hall.

"This is the first time Top Cover's show will be in the Atwood Theatre," said McManis. "There just wasn't enough room last year for all the people who wanted to attend — that won't be a problem this time."

For more information on any of the band's activities or upcoming events, call McManis at 552-7592 or listen to a recorded information line at 552-3081.

Diabetes awareness: Are you at risk?

November is American Diabetes Month. The following article was provided courtesy of the American Diabetes Association:

There are 16 million people in the U.S. who have diabetes and approximately five million of those don't know they have it. Each day approximately 2,200 people are diagnosed with diabetes. It is the seventh leading cause of death (sixth-leading cause of death by a disease) in the U.S. and the incidents of diagnoses is on the rise.

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert

sugar, starches and other food into energy needed for daily life. Diabetes is a chronic disease that has no cure. The cause of diabetes is still unknown, although both genetics and environmental factors such as obesity and lack of exercise appear to play important roles. There are two major types of diabetes:

Type 1: An auto-immune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with Type 1 diabetes must take daily insulin injections to stay alive. Type 1 diabetes accounts for five to 10 percent of the diabetes population.

Type 2: A metabolic disorder

resulting from the body's inability to make enough, or properly use, insulin. Type 2 diabetes accounts for 90-95 percent of diabetes. Type 2 diabetes is nearing epidemic proportions, due to an increased number of older Americans, and a greater prevalence of obesity and sedentary lifestyles.

Diabetes is a silent killer. Most people do not realize they have the disease until they develop one of its life-threatening complications, including, blindness, kidney disease, nerve disease and heart disease.

For more information, visit the American Diabetes Association web site at www.diabetes.org.

In Focus

Pacific Air Forces Civil Engineer awards

Elmendorf's 3rd Civil Engineer Squadron had several winners in the 2001 Pacific Air Forces Civil Engineer awards program. The squadron took the Maj. Gen. Clifton D. Wright Award, for Outstanding Operations Flight, and was the runner-up for the Ralph E. Sanborn award, for Outstanding Fire Protection Flight. CES also won the Gen. Thomas D. White Restoration Award, and the CES restoration team took the Gen.

Thomas W. White Award.

The following squadron members took individual awards:

■ Edwin R. Franklin, runner-up, Harry P. Rietman Award, senior civilian manager

■ Brad L. Christeson, Outstanding Civil Engineer Manager of the Year, civilian manager

■ Master Sgt. Debra A. Morgan, runner-up, Outstanding Civil Engineer Manager of the Year, enlisted manager

Nurse week

Capt. Mark Bauer, a peri-operative nurse, and Staff Sgt. Clinton Carter, a float technician with the 3rd Medical Group, utilize an ophthalmological microscope in the surgical clinic Tuesday. The clinic is taking part in National Peri-operative Nurse Week, which runs through today.



STAFF SGT. JIM FISHER



COURTESY PHOTO

Hearts Apart

Hearts Apart Coffee Break members construct crafts during a recent get together. The group, which includes spouses of deployed and remote tour members, meets every Tuesday at the Family Support Center. Spouses with husbands or wives currently away from home are invited to attend. Call 552-4943 for more information.

Making a difference: Elmendorf's Volunteers

■ Airman 1st Class Steve Rubinghof of the 3rd Civil Engineer Squadron donated 118 hours to the Outdoor Adventure program.

■ Airman 1st Class Bryan Johnson of the 11th Operational Weather Squadron donated 118 hours for the Outdoor Adventure whitewater rafting program and donated 80 hours as a ski patrol volunteer at Hillberg Ski Area.

■ Denise Mullins donated 151 hours at Aurora Elementary School assisting with classes, field trips and

the fall picture day.

■ Staff Sgt. Jared Breyer of the 732nd Air Mobility Squadron assisted with Special Olympics Alaska. He put in 150 hours as director of logistics for the 2001 State Bowling Tournament and State Summer Games.

■ Melissa Willis was presented with the Girl Scout Honor Pin for outstanding service. Willis has served as her troop's service unit treasurer, registrar, outdoor trainer and event coordinator.